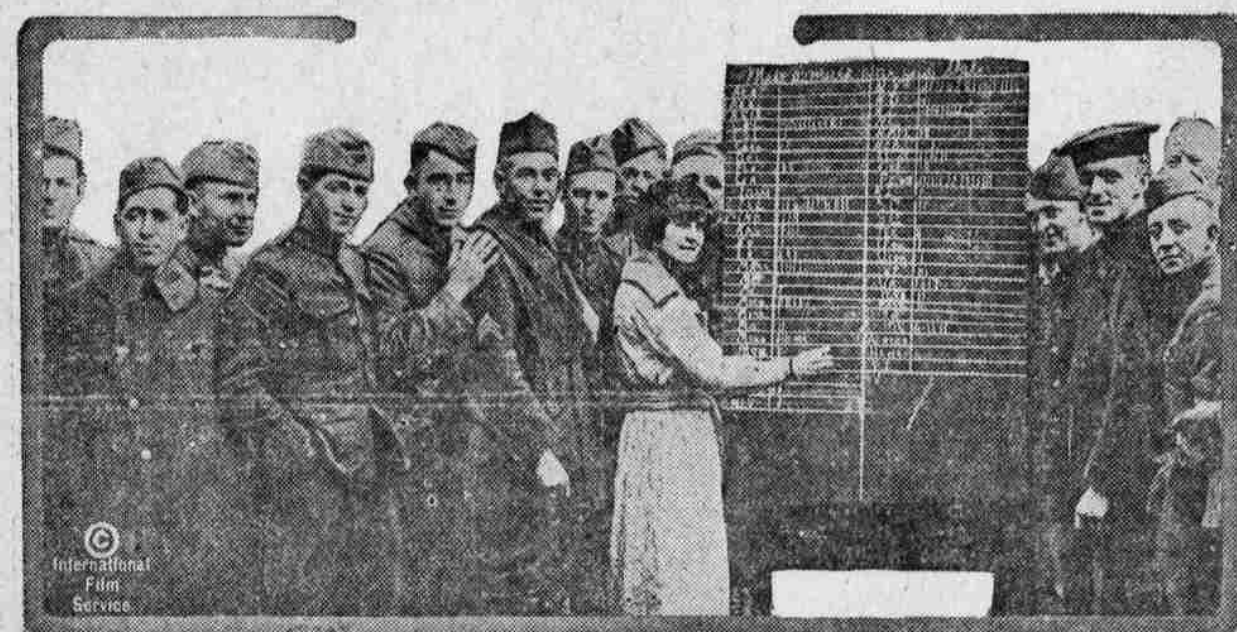


1—View in the little French village of Senlis, where the envoys of Germany signed the armistice. 2—Converted yacht Scorpion, interned at Constantinople at the beginning of the war, which represented America when the allied fleet passed through the Dardanelles. 3—Philipp Schiedemann, who is minister of finance and colonies in the German cabinet set up by the Socialists.



FROM EAST AND WEST AND NORTH AND SOUTH



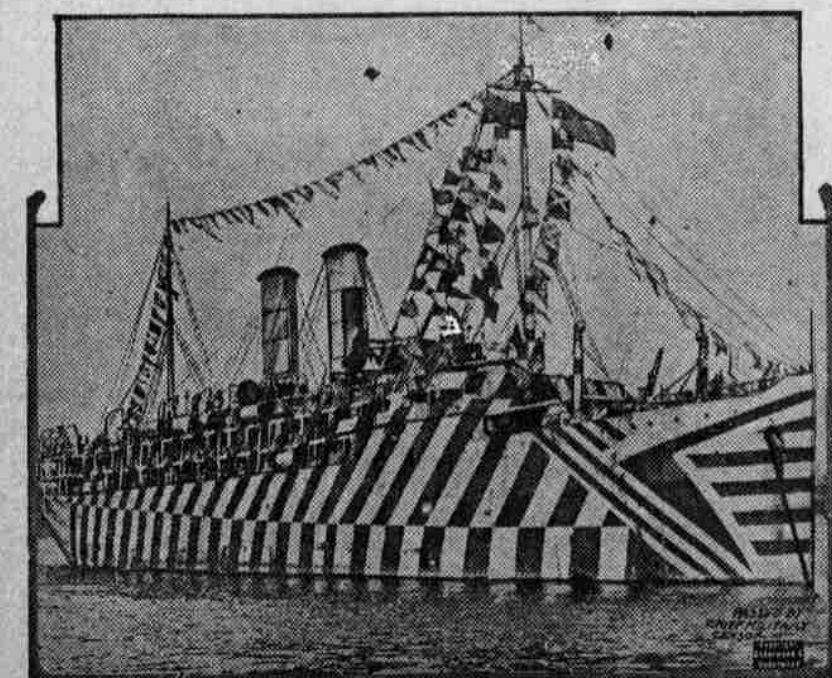
During an entertainment at the Y. M. C. A. Eagle hut in London recently, a blackboard was erected and each soldier and sailor present was requested to mark down the name of his home state. Within 15 minutes every state in the Union was represented.

YOUNG AMERICANS GOING TO SEA



Husky young Americans from the factories and farms of the West are here shown leaving a training ship of the United States shipping board to begin their careers as mariners in the merchant marine.

DECORATED IN HONOR OF WAR'S ENDING



When the news of the signing of the armistice reached the ships in the surrounding waters of New York the crews immediately dressed the ships in varied colored bunting and flags of the allies for the first time since the commencement of the war. The photograph shows a British ship decorated in the Hudson river.

'WHEN THE BOYS COME HOME'



This is the kind of scene that will be familiar when our boys in khaki and blue, who have been overseas showing a mad emperor that no man can conquer the world at large, come home to their mothers, sisters and sweethearts.

Artificial Arm a Wonder.

A wonderful new artificial arm which enables a man to dig, use a sledgehammer and lift weights as heavy as he could with his sound arm is being supplied to maimed soldiers at Southampton (Eng.) hospital.

Made of aluminum and steel, it weighs only two pounds three ounces, and is the invention of A. C. Adams, artificial limb expert, who is minus an arm himself.

The forearm can be attached or detached and any tool or implement can be fixed to the wrist in an instant by pressing a spring. The hand supplied can be turned to one side or the other.

Demonstrations were given in which men were seen digging, using a plane, hammer and other tools, chopping wood with an ax, playing billiards, golf, cricket and steering a bicycle with the artificial arm alone, and all done without effort.

Traffic in Chinese Canals.

The craft utilized on the canal in Shantung, China, for transportation are of 15 varieties. For instance, a boat that loads fish carries nothing else; similarly with coal, etc. There are at present 8,000 boats, with a tonnage of 90,000, plying on the canal. The boats have either sails or are dragged along not by mules, but by four, five or six native coolies, and the loads are enormous. When the canal is improved, the Chinese will undoubtedly take to motor boats for towing their native "junks" and for passenger traffic.

SAFEGUARDING THE HOME

Simple Directions on Home Nursing

By JANE A. DELANO
Director Department of Nursing
American Red Cross

"An Ounce of Prevention Is Worth a Pound of Cure"

SIMPLE RULES FOR PREVENTING DISEASE

Spanish influenza, that serious form of acute gripe that ravaged the whole country, brought to American women a realization of the importance of home protection.

The accessibility of trained nurses and well-equipped hospitals, which has grown so rapidly in this country, has undoubtedly made our women less self-reliant in caring for their own sick.

Every woman realizes that our soldiers must be cared for. The shortage of nurses and medical men places the responsibility of family health as far as safely possible on the shoulders of the women in the home.

There is nothing so dangerous as "amateur nursing," that is giving medicine without the doctor's orders, but there are certain things she can safely do for them when they are sick.

First of all don't be afraid of "catching" a contagious disease, but take proper precautions, and then believe that you and your family will keep well.

Remember that a great number of communicable diseases are spread by actual contact with the germ causing them. These germs, as in the cases of influenza and pneumonia, are expelled into the air when the sick person coughs, sneezes, talks forcibly or carelessly expectorates.

When you are near such a person protect yourself by placing your handkerchief over your mouth and nose. When you cough or sneeze, whether sick or well, protect your neighbor by covering your own mouth and nose.

Avoid crowds and stay out in the open air as much as possible. Stay away from poorly ventilated places, such as moving picture theaters and crowded cars. Don't visit your neighbor with a contagious disease unless your services are needed. If you do go, take proper precautions not to inhale the germ, and wash your hands after touching the patient or anything belonging to him.

Get plenty of sleep; keep your bedroom windows wide open, but don't let your body get chilled. Use extra covering when necessary. Ignorance and carelessness can spoil the best living conditions, and sometimes, even in the country, fresh air and sunshine are excluded from sleeping and living rooms. Keep the living room well ventilated and not too warm.

Never use common drinking cups, common towels, powder puffs belonging to someone else, and, above all, keep the hands clean. It is hardly possible to overemphasize the importance of keeping the hands clean.

The human hand is a great carrier of disease germs both to and from the body. If unclean hands could be kept away from the mouth especially and washed before touching food, I have no doubt that many diseases might be avoided.

These measures are the purely mechanical means of preventing the spread of contagion. It is reassuring to know, however, that a really well person is in little danger of contracting a contagious disease, if he observes reasonable precautions.

A rundown condition, either from overwork or worry, is dangerous because such a person more easily contracts disease.

To stay well keep your body clean; use water and soap frequently; change your clothes often, and wear wraps suitable to the weather.

Don't take baths that are either too hot or too cold. Warm baths are the best. Don't eat too much food, but drink plenty of water—at least three pints a day.

If you are unable to be out of doors part of the day open the windows from time to time and breathe good fresh air into your lungs.

Observance of these few simple rules will lessen the danger of contracting disease.

EARLY RECOGNITION OF SYMPTOMS

There are certain early symptoms of disease that every mother of a family should know. In this time of war, regular nurses must take care of the soldiers in the camps, here and in France, and the women in the home must look after the health of their own families as well as that of their neighbors.

Any intelligent person can recognize certain early symptoms of serious illness, such as fever, cough, changes in the color of the skin, either too red or too pale—and any unusual appearance of the eyes. The other symptoms, like pain, tiredness or great thirst, the patient will mention himself.

The usual symptoms of infectious disease include fever, chill, sore throat, discharge from the nose and eyes, cough, headache, vomiting, looseness of the bowels, or the opposite, constipation; and a general feeling of being sick all over. The presence of any of these symptoms indicates sickness and during an epidemic should be closely watched. In the case of so-called Spanish influenza, the symptoms include a feeling of weakness, pains in the eyes, ears, head or back and a feeling of being sore all over. The rise in temperature is rapid, but in most cases the pulse remains comparatively slow. If you have a thermometer, and know how to use it, you will find the temperature rises to 100 or 104 degrees. In the case of children it sometimes rises higher.

The mouth temperature of a healthy person is between 98 degrees and 99. This may vary according to the time of the day. It is not unusual for the mouth temperature of a healthy person to be as low as 97 degrees in the morning, or as high as 99 in the late afternoon. The presence of fever is an indication of sickness, and should be watched.

The pulse rate of a normal man at rest is about 72 beats a minute; that of a normal woman about 80 beats a minute. To take the pulse rate, place three fingers (not the thumb) on the thumb side of the patient's wrist and note the exact time by the second hand of the watch.

Any unusual changes in the face should be especially noted; whether it is drawn, anxious, excited, dull and tired, swollen or puffy under eyes. The voice is a frequent indication of weakness. Absence of appetite, loss of weight, extreme nervousness should also be watched, and, if taken in time, may prevent more serious trouble.

Pain is a most important symptom and should never be treated lightly. It does not occur in persons who are well. It is nature's danger signal. A great many serious diseases begin in this way, so, if someone in your family has these symptoms, put him to bed, shut out the bright light—this does not mean that the room should be dark—have plenty of fresh air in the room and keep away visitors and other members of the family.

Persons are not always able to go to bed for an ordinary cold, but there is no doubt that they would, in the end, save time by so doing.

Common colds sometimes spread through an entire family, when they could have been prevented by going to bed, and keeping other members of the family away.

Common colds are most contagious when they first start. One should avoid being near a person who shows signs of getting a cold, by sneezing, coughing or any discharge from the nose. This will lessen the danger of contracting the more serious diseases like gripe, influenza and pneumonia, mild cases of which may, at first, be mistaken for an ordinary cold.

When possible, call a doctor the moment the person begins to feel sick; then follow his directions absolutely.

Curious Courtship.

Mr. Horace Hutchinson, the naturalist, relates the story, told him by a friend, of a swan and a pike, living on and in a small piece of ornamental water, becoming friendly. Wherever the swan went the pike went too, swimming alongside the bird. When the swan went ashore, it is not related that the pike tried to follow, but it is said that he waited beside the bank, swimming up and down in a forlorn, distracted way, until the swan came back again. It was a subject of some debate whether the swan returned the attachment, until the pike died, and the swan was so overcome with grief at his loss that he pined away and soon died also.

Farmhouses Modernized.

As farmhouses become adapted to the taste of the women who are, in so many cases, taking over their management, it is found that many of the old institutions of the farmhouse—the parlor, the many small rooms, the dark halls—are disappearing. Partitions are torn out to make spacious living rooms; porches are added, and everything is arranged for the utmost convenience of the housekeeper who is also tender of the fields.—Exchange.

Overcoming Obstacles.

Sir George Reid's golden rule for the attainment of old age: "I have aimed at health and happiness, and when confronted by a formidable obstacle I have first tried to knock it over; failing this, to get around it; if not, then under it; and if all these maneuvers failed I have been content to lie down in its grateful shade, lauding it as a beautiful blessing in disguise."

Sublime Confidence!

Clair, like most small boys, was much interested in anything that took place. At this particular time his grandfather happened to be tending his bees. After being repeatedly told that he would get stung if he didn't stand back, one of the guests said: "Don't you know you'll get stung if you are not careful?" He said: "Aw, I ain't afraid. They know me."

Possible Source of Tresses.

The other day I, with a neighbor's child, went to a hairdresser's establishment. The child had red hair. While I was buying various things the child was busy looking about. She finally discovered some false hair the color of her own and came to me with this question: "I wonder if my red hair was bought here when I was borned."—Chicago Tribune.

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"Chocolate and cocoa add flavor and energy giving material to a diet and their use will help in many ways in the preparation of palatable, nourishing dishes from those foods of which there is an abundance."

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Might Have Been.
"I see where a man fell dead while waiting in a restaurant to have his dinner served."
"What was the cause?"
"Apoplexy."
"Then it wasn't the price list?"—Birmingham Age-Herald.

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by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly induced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarh. It is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarh conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

The Reason.
"Jinks has so much poor health."
"That is because he eats so much rich food."

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Make Cuticura Soap your every-day toilet soap and assist it now and then by touches of Cuticura Ointment to soften, soothe and heal. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

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Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative. Adv.

The hair grows much faster in summer than in cold weather.

St. Paul, Minn., has a union of fur workers composed of women.

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HILL'S CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

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FOR KIDNEY, URINARY, BLADDER TROUBLE

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